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## DOH-PINELLAS REMINDS YOU TO TAKE PRECAUTIONS THIS FLU SEASON



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In Florida and throughout the U.S., flu activity is on the rise. The Florida Department of Health in Pinellas County is currently seeing an increase in flu activity, as are most counties around the state. Pinellas is also one of three counties reporting five or more outbreaks in locations such as schools and nursing homes.

DOH-Pinellas urges residents to get their flu vaccine now if they have not already done so. There are still weeks of flu activity to come. **It is not too late to get your flu vaccine!** The flu vaccine is safe, and recommended for everyone six months and older, including pregnant women.

Flu vaccines can vary in effectiveness from season to season, but they continue to be the best way to prevent influenza infection and serious influenza complications. To locate a flu shot near you, contact your health care provider or use DOH's flu shot locator: [www.flhealth.gov/findaflushot](http://www.flhealth.gov/findaflushot)

**DOH-Pinellas offers the flu vaccine with no appointment necessary for a cost of \$30 (\$45 for the high-dose vaccine recommended for seniors) at these centers:**

- St. Petersburg: 205 Dr. Martin Luther King Jr. St. N.
- Pinellas Park: 6350 76<sup>th</sup> Ave N.
- Clearwater: 310 N. Myrtle Ave.
- Mid-County: 8751 Ulmerton Rd., Largo.
- Tarpon Springs: 301 S. Disston Ave.

If you become ill with flu-like symptoms, contact your health care provider as soon as possible. Your health care provider can prescribe antiviral treatment if appropriate. Treatment is most effective when started within 48 hours, so calling as soon as you become ill is important, especially if you or your loved one is at a higher risk for complications: children younger than 5, adults over the age of 65, pregnant women, and those with underlying medical conditions.

Stay home from work and keep children home from school or daycare when sick to help prevent spreading the flu to others. It is also essential to practice good hygiene by [properly and frequently washing your hands](#). Make it a habit to clean and disinfect commonly used surfaces in your home, school or office. You can take additional steps to ward off the flu by coughing or sneezing into a tissue or your elbow and avoiding touching your face.

For information about DOH-Pinellas, go to [www.PinellasHealth.com](http://www.PinellasHealth.com) or follow us on Twitter [@HealthyPinellas](https://twitter.com/HealthyPinellas).

Visit [FluFreeFlorida.com](http://FluFreeFlorida.com) for more information on how you can be a part of #FluFreeFlorida. Visit [www.floridahealth.gov/floridaflu](http://www.floridahealth.gov/floridaflu) for more information on influenza and influenza-like illness in Florida.

### **About the Florida Department of Health**

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote, and improve the health of all people in Florida through integrated state, county and community efforts.

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